



THE COURIER

ASHBURY SENIOR COMPUTER COMMUNITY CENTER

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ASC³ to Help Host *Net Inclusion 2018* April 17-19, For National Digital Inclusion Alliance



Net Inclusion 2018 includes sessions on a spectrum of topics, such as curriculum sharing, recent research, coalition building, health and banking partnerships, and local government resources.

Net Inclusion 2018 welcomes digital inclusion community practitioners, advocates, academics, Internet service providers, and policymakers to discuss:

- local, state and federal policies and policy innovations impacting digital equity,
- sources of financial and programmatic support of digital inclusion programs,
- and digital inclusion best practices from across the country.

The conference will begin Tuesday, April 17th with pre-conference events in the morning and Digital Inclusion Site Tours in the afternoon. Wednesday, April 18th will be a full day of interactive sessions, and conclude on Thursday, April 19th at 3:00PM.

www.digitalinclusion.org/netinclusion2018/

OUR MISSION

To bridge the gap in the "Digital Divide" in our inner-city communities by providing high quality, accessible, and FREE technology classes in a supportive, appropriately-paced, and nurturing environment – that encourages personal growth and enhances the quality of life for all participants.

ASC³ Students Use New Skills to Research Black History

During Black History month, ASC³ students researched stories and bibliographies of African Americans from many generations that included inventions by individuals, contributions from institutions and major events that changed history. These tributes generated a wealth of knowledge from the past to the present for the class participants.

Students researched an array of known and unknown African American individuals; their history and culture. They also enjoyed sharing their findings with each other.

Although laborious, the class project improved digital skills in research, writing, copy, paste, design, speaking and presentation.

When you walk through ASC3 you will see the

student's presentations displayed on the walls.

Some of the presentations include:

10-year-old millionaire, Sarah Rector
by Mary Bell

Sarah Rector was born in 1902 near the all-black town of Taft, located in the eastern portion of Oklahoma in what was then Indian Territory.

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ASC³ Students Research Black History

Sarah Rector

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She had five siblings. Her parents, Joseph Rector and his wife, Rose McQueen (both born 1881) were African descendants of the Creek Nation Creek Indians which became part of the Creek Nation after the Treaty of 1866.

The parcel of land allotted to Sarah Rector was located in Glenpool, 60 miles from where she and her family lived. To help cover this expense, in February 1911, Joseph Rector leased Sarah's parcel to the Standard Oil Company.

In 1913, the independent oil driller B.B. Jones drilled a well on the property which produced a "gusher" that began to bring in 2,500 barrels of oil a day. Rector began to receive a daily income of \$300 from this strike.

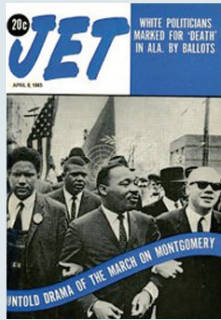
Ref: www.blackpast.org

The Importance of the Black Church in the African American community

By Shelby Johnson

Historically the black church has been a place for creating individual, systemic, and political change within the black community. From the late 18th century to its present day, the black church has and will always serve as a safe haven for African Americans; a place to worship God together and a place where we are motivated to rebuild our communities.

Ref: https://twitter.com/NIKKI_T



History of Jet Magazine

By Valeria Broner

Founded in 1951 by John H. Johnson of the Johnson Publishing Company in Chicago, Illinois,

Jet Magazine was initially billed as "*The Weekly Negro News Magazine*."

Jet is notable for its role in chronicling the Civil Rights Movement from its earliest years, including coverage of the Emmett Till murder, the Montgomery bus boycott, and Martin Luther King Jr.

Refs: jetmag.com,
www.jetmagazine/wikipedia



Patricia Bath

By Delores Shaw

Patricia Era Bath was a prominent ophthalmologist and innovative research and laser scientist.

She was the first African American woman physician to receive a patent for a medical device. She invented the Laserphaco Probe for cataract treatment in 1986.



ASC³ Summer Excursion - organized by the ASC³ Alumni Association

NATIONAL MUSEUM OF
AFRICAN AMERICAN HISTORY & CULTURE



Washington DC • 3 days and 2 Nights • July 27-29, 2018

Cost: \$325.00 per person based on double occupancy.

RESERVE YOUR SEAT: 216-421-2305



Don't Be A Statistic - Advocate for Yourself

Doctors prescribe an amazing number of drugs. Roughly a billion prescriptions are dispensed each year. When the average number of pills in a bottle total 30, that is a least 120 billion pills, or over 390 tablets or capsules for every man, woman and child in the United States.



It's no surprise that there are a tremendous amount of problems known in "doctor speak" as adverse drug events, (Ade's). Truth be told it's unknown as how many people are affected or die from serious drug-induced side effects each year and how many (Ade's) could be prevented.

A prestigious Institute of Medicine reviewed a variety of studies and concluded that at least 1.5 million adverse drug events ("Ade's) occur in the U.S. each year and are preventable, and that the number may even be much higher. Some experts of patient safety have discovered that adverse drug events in primary care practices have as many as 7.8 million (Ade's) could be prevented or ameliorated if patients and their physicians communicated better, and if physicians acted more reliably to address drug medication symptoms.

Most patients trust their physicians, pharmacists, and other care providers. But just like any other endeavor, health care is vulnerable to human error. If we assume that our doctors might make a snap judgment and miss the correct diagnosis, we might become more assertive in helping them uncover the root cause of adverse drug event symptoms.



Also, drugs themselves can dehydrate the body. This is because many of the side effects of drugs can cause symptoms like diarrhea. And, in the make-up of the drugs themselves, dehydration may just be a usual symptom. Diuretics, antihistamines, blood pressure medication and steroids can all cause the body to be depleted of water. So, when prescribed these drugs, one should intake more water than the usual required amount.

So how much fluid does the average, healthy adult living in a temperate climate need? The National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids for men
- About 11.5 cups (2.7 liters) of fluids a day for women



These recommendations cover fluids from water, other beverages and food. About 20 percent of daily fluid intake usually comes from food and the rest from drinks.

Basic Precautions - Ask These Questions

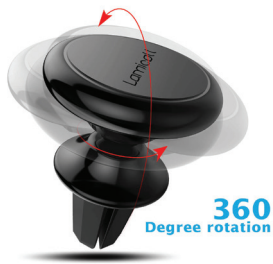
- Is there another method to treat this condition?
- Will the benefit of this medication prove successful?
- What is the most common side effect?
- What are the most serious side effects?
- What symptoms require immediate attention?
- How long do I need to take this medication?
- Should this medication be taken with/without food, morning or evening?
- Are their special instructions for discontinuing this medication?
- Should this medication be taken morning or evening, with/without food?

Our Responsibility: In a word, we need to be diligent about our responsibility for health and its care. We can trust our care providers to do their best, but we should be ready to do our research. The best doctor/patient relationships are between both participants.

Medication can be checked on the following sites: www.mediguard.org, and <https://dailymed.nlm.nih.gov/dailymed/>.

List of geriatric doctors: www.americangeriatric.org

Ref: Top Screw-ups Doctors Make JoeGradeon, M.S. & Teresa Gradeon, Phd., www.webmd.com. yahoo.com www.mayoclinic.org



Free your hands this Spring. Try the car phone holder.

Car Phone Holder, Lamicall Magnetic Phone Mount: Universal Cradle Stand holder, compatible with most smartphones and mini tablets.

Simply insert the air vent phone holder into your car vent. Hands-free giving you a enjoyable and safer driving. Pocket-size design and occupy little space. It's fully equipped with powerful grip settings to fit on small or larger vents, and carefully designed to prevent stains, scratches, scuffs or marks on your vents and dashboard. The sturdy base of the mount keeps your devices in place, regardless of road vibrations or impacts. Rotate 360 degrees at any angle you desire. But you can not use wireless charging at the same time.

Lifetime Guarantee.

Cost ranges from \$5.00 - \$19.99 and can be found at Amazon, Walmart, Aliexpress and other tech suppliers.

We give it five stars



Tech device helps to improve home safety! See who's at the door by using your cell phone.

Ring Video Doorbell

Regular price \$149, available at most tech stores including Best Buy, Amazon and Walmart.

Connect to your existing doorbell wiring or use on the doorbell its own - a built-in battery enables standalone use. The doorbell comes with the supplies you need to install on a variety of surfaces, including wood, stucco and cement.

Versatile smartphone compatibility. Wi-Fi connectivity makes it easy to link with your home wireless network.

Automatically records footage and receives alerts when motion is detected. You can keep an eye on your home and speak with visitors, all from a remote location. Motion sensors let you know when someone is at your door.

Being able to download this safety device app for the home, to your cell phone is another major reason affordable quality internet access is a must for everyone! **5 stars!**



Super Tech & Mobile Gadget Day!

Tuesday May 15, 2018,
3:30pm - 6:30pm

PNC Fairfax Connection,
8220 Carnegie Ave, Cleveland, OH

Sessions designed for those seeking help with new (or not so new) tech gadgets.

Bring your gadgets and receive one-on-one help from volunteers eager to show you how to best use them. Bring smart phones, laptops, digital cameras, recorders, iphones, androids, fitness trackers, Roku, Chrome Stick, and any other kind of technical device. Everyone receives help with their technology.

Get help with Email and social media such as Facebook and Twitter!



Caribbean Nite 'N' White 2018

Saturday, June 30, 2018 • 7:00 P.M. - Midnight
Tropical heavy hors d'oeuvre buffet • 8:00 P.M. – 9:30 P.M.
Cash Bar • DJ • Games • Awesome Prizes & Giveaways

Tickets: \$30.00 per person
Buy online: www.asc3.org/nite-n-white.html

Attire: All White

All proceeds to benefit ASC³

Contact ASC3: James Seward or Wanda Davis 216-421.2305
Cynthia Felder 216-851-3326 Valeria Broner 216-451-8025